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INDIAN * CLUB EXERCISE.

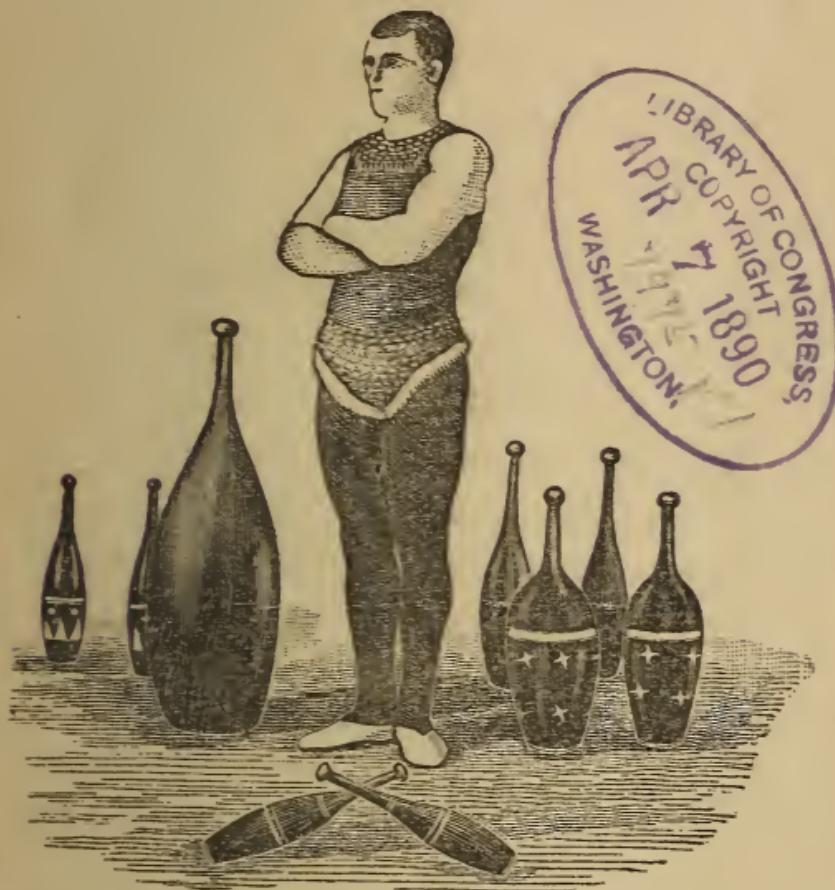


—BY—

AS EDW. BROWN. S



INDIAN CLUB EXERCISE.



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WORLD'S RECORD.

Edw. Brown swung a pair of Indian Clubs, each weighing 8 lbs. 1 1-2 oz., continuously for 6 hrs. 20 min. Bath, Me., Feb. 18, 1886.

(New York Clipper Annual.)

PREFACE.

The object of this little pamphlet is to enable persons whose daily employments give them little physical exercise to learn, without an instructor, those methods of developing the body by use of Indian Clubs, which enabled me to lower the world's record for long endurance swinging and win the title which I now still hold. The book is not designed to be exhaustive from an artistic standpoint, but contains all that is required to enable any person, following its instructions, to become physically better than before its perusal.

The twenty-one exercises given here contain all the primary moves and bring into play all the muscles engaged in more complex movements. The instructions are plain, so that one who never saw a club before, may be able to learn their manipulation.

It may be well for the novice in some cases, to first learn a movement with one hand, then with the other, before practising them together. Learn one movement thoroughly before attempting that which follows. Use light clubs, from 2 to $3\frac{1}{2}$ pounds, according to your size and strength. Practice all until there is a continuous motion, however many pauses there may be at the outset.

EDW. BROWN.

General • Rules.

EXERCISE I.

Stand erect with heels together, toes pointing well out and clubs held loosely but securely in the hands. Bring the hands to a level, and in line with the chin, the clubs being about $2\frac{1}{2}$ feet apart and pointing vertically upward. Let the right arm swing outward from the body to full length and describe a complete circle in front of the body, coming back to the vertical position from which it started. Then let the left club fall outward in the same way, making a similar circle, and practice until the movements are continuous, the right one swinging past the knees as the left one falls outward from the shoulder.

EXERCISE II.

Stand as before but with arms extended straight out to the left. Let both clubs swing down in front of the body and up on the right side, at the same time turning the body toward the right, and let the clubs fall over on the shoulders, one on each side of the head, the hands being on a level with and a little in front of the chin. While the clubs lie thus, face back to the left, push out the clubs as at first and repeat the movement until it is continuous, when the clubs, instead of lying on the shoulders, will describe small circles back of them.

EXERCISE III.

The reverse of Exercise II. Extend clubs to the right instead of left at the start. Swing and turn as in Exercise II.

EXERCISE IV.

Take position as in Exercise I. Let the right club move toward the left and make a full circle in front of the body. As it returns to position, let the body turn slightly toward the left when the club will fall back of the head, making a small circle behind the forearm and come into position again. Duplicate these movements with the left club. Then swing both clubs simultaneously, the one passing the knees as the other begins the small circle or "curl" behind the forearm.

EXERCISE V.

Stand as at first. Give the full outward swing in front of the body with the right club, as in Exercise I. As the club returns to position, turn the body slightly toward the right, when the club will fall outward and make the small circle, or "curl," behind the forearm. Repeat with the left club and then with both, as in Exercise IV, of which this is the reverse.

EXERCISE VI.

Position as usual. Let both clubs make the outward swing in front of the body simultaneously, passing at the knees, and as they return to position make the outward "curl" behind the forearms.

EXERCISE VII.

The reverse of VI. Let hands pass each other abreast of the forehead on the full inward swing in front of the body and, as they return to position, let them fall in toward the head and make the inward curl back of the forearms.

EXERCISE VIII.

Take position. Let the right club fall outward but swing behind the legs instead of in front. As it passes behind the legs, draw the hand up slightly along the centre of the back, turn the body somewhat toward the left, when the club will make a small circle behind the body, be drawn out in front of the legs and complete a full circle back to position. Make similar movements with the left and then with both together, the one passing behind as the other passes in front.

EXERCISE IX.

This movement is the same as Exercise VIII, except that, as the club comes to position, let it give the outward "curl" back of the forearm, in addition to the other movements.

EXERCISE X.

Stand as in Exercise II. Let both clubs fall together. The left passes back of the body and makes the back circle as in Exercise VIII, coming out in front and making the full front swing back to position, as in that figure. The right passes in front of the legs, and as just then the body turns toward the left, swings over and makes the small

downward circle behind the back. Then it swings out to the right and completes a full circle past the head to position.

EXERCISE XI.

Same as Exercise X, only start with clubs pointing straight out to the right. Here the right club swings upward in its back circle and the left downward, or the reverse of those in X.

EXERCISE XII.

Swing the same as in Exercise X, but as the clubs come up toward position, let them fall on the shoulders as in Exercise II, turn the body as in that case and shoot out the arms as at the beginning of this exercise.

EXERCISE XIII.

The opposite of Exercise XII. Start with clubs extended toward the right, instead of toward the left.

EXERCISE XIV.

Stand as usual. Start the clubs simultaneously, the right swinging outward and making a full circle in front of the body, the left passing behind and making the upward back circle. The right, having returned to position, makes the outward "curl" while the left, coming around in front, completes the full swing before the body and, coming to position, makes the outward curl. Then the right club swings behind and the left in front, and so on alternately.

EXERCISE XV.

Take position. Make a full inward swing in front with the right. As the club passes the legs in return, draw up the hand slightly and twist toward the right. As the club rises, bring the hand near the centre of back, when it will make the downward back circle and come up to position again. Make the same motions with the left; swing right and left alternately.

EXERCISE XVI.

Stand as usual. Let both clubs start together and, as they go behind the back, raise the hands, when they will make the upward back circle. Draw them out in front, passing at the legs and complete the double outward swing to position.

EXERCISE XVII.

The same as Exercise XVI with the addition of the outward "curl" with both as they come back to position.

EXERCISE XVIII.

Usual position. Let the clubs face inward, passing above the face, in full front swing. As they pass at the legs, draw both in behind the back, making the downward back circles and then complete the full swing to position.

EXERCISE XIX.

Same as Exercise XVIII until the clubs return to position, when they fall in towards the head in the forearm "curl."

EXERCISE XX.

Start as in Exercise II. Let the left make the back circle while the right completes the full front swing, comes up and falls back of the head in a "curl." Turn to the right and repeat, the right club going behind the back, and the left in front.

EXERCISE XXI.

Start with clubs straight out to the right. Let both pass downward and behind the right side, making an upward back circle, the right club slightly leading. Let both come out and make a full circle in front, then let both pass behind the body as in Exercise XVII. Then let both pass behind the back on the left side in the downward back circles and out again to position. To reverse start from left side.

NOTE. As the learner becomes proficient in these exercises he will cease to twist his body while swinging but stand as at position throughout.

E. B.

